PALIN PICK STILL DOGGING MCCAIN CAMPAIGN
PAGE 8

The J Spot pg 14
Kink can be for anyone, Vogels says

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VANCOUVER • TUESDAY, OCTOBER 21, 2008 metronews

Celebrity pg 18
Madge stays in London for the kids

Campbell to unveil market crisis strategy

ECONOMY B.C. won't run a deficit to cope with the global economic crisis, Premier Gordon Campbell said yesterday.

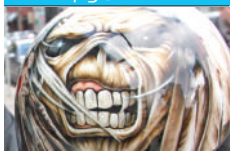
He's making a special economic statement tomorrow evening on the steps his government plans to take to counter the effects on the province's economy of the worldwide economic meltdowns.

British Columbians deserve to know both the strengths and challenges of our economy, he told CBC News Online following a meeting of the Council of the Federation in Montreal.

Campbell rejected the idea of deficit financing in the provincial budget, but didn't offer further details.

METRO NEWS SERVICES

Local pg 3



2010 skeleton team chosen

Comment pg 7

Lawrence Martin on Dion's call

Small Biz pg 10

Start-up tips and myths

Stéphane Dion announces he will resign as leader of the Liberal party in Ottawa at a press conference yesterday.

Dion departing

Liberal leader to step down when replacement chosen

"I failed."

With those words, Stéphane Dion gave up the Liberal leadership, a prize hard-won less than two years ago and lost in the wake of the worst election results for the party in 20 years.

Dion, who had been in seclusion since the Oct. 14 election that cost the Liberals 19 seats, was at times reflective, defiant and even a little emotional as he told a news conference yesterday about his decision to step aside.

"In my consultations, it became very clear that in the door-to-door (election) canvassing, my colleagues, my friends were told 'We don't like your leader,'" Dion said bluntly.

"The past is the past. I wish I would have succeeded ... we need to accept in democracy the result and to move on," Dion said.

Dion said he would remain leader until a replacement is chosen, which may not happen until a party convention scheduled for next May in Vancouver.

Dion, a former academic who defied expectations and seized the party's leadership in December, 2006, says his election hopes were sunk by the Conservatives' "massive" advertising onslaught against him personally, as well as against his Green Shift environmental policy.

He warned that unless the Liberals bring their fundraising efforts into the "21st century" so they can fight back with their own big-ticket ads, they will be stuck at a "permanent political disadvantage."

Figures from Elections Canada show the Liberals collected $4.5 million from 23,442 donors in 2007, while the Conservatives raised $17 million from more than 100,000 donors.

Expected contenders to succeed Dion include MPs Bob Rae, Michael Ignatieff and Dominic LeBlanc.

TORSTAR NEWS SERVICE

Second ever

- Dion looks set to become only the second leader of the Liberals never to have gone on to become prime minister. The first was Edward Blake, who headed the party from 1880 to 1887.

'Western' diet the worst for heart health: Researchers

NUTRITION Diets heavy in fried foods, salty snacks and meat account for about 35 per cent of heart attacks globally, researchers reported yesterday.

Their study of 52 countries showed that people who ate a "Western" diet based on meat, eggs and junk food were more likely to have heart attacks.

Dr. Salim Yusuf at McMaster University and colleagues divided 16,000 volunteers into three groups.

"The first factor was labelled 'Oriental' because of its high loading on tofu and soy and other sauces," they wrote in the journal Circulation.

"The second factor was labelled 'Western' because of its high loading on fried food, salty snacks, and meat intake. The third dietary factor was labelled 'prudent' because of its high loadings on fruit and vegetable intake."

People who ate more fruits and vegetables had a 30 per cent lower risk of heart attack. People eating a Western diet had a 35 per cent greater risk of heart attack.

Those eating the "Oriental" diet had an average risk of heart attacks compared to the others.

The tofu-rich diet could be neutral rather than protective because it is high in sodium, they said. Sodium intake can raise blood pressure and the risk of heart attack and stroke. REUTERS

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GM

Neil Young ready to rock GM Place
Homegrown folk icon Neil Young will be performing at GM Place tomorrow night. Bellingham Indie rockers Death Cab For Cutie, and Everest are set to open the show. METRO VANCOUVER

Local

Brazilian film fest kicks off tomorrow

Vancouver's first Brazilian Film Festival opens tomorrow at VanCity Theatre and runs until Sunday. Showcasing 15 films, the festival also pays tribute to the most renowned Brazilian cinematographer, Walter Carvalho. METRO VANCOUVER

VANOC, artists to meet on protests, trademark laws

OLYMPICS Vancouver artists are concerned that Olympic trademark laws could make it illegal to produce paintings and sculptures critical of the Games.

Today, VANOC is holding a workshop with artists to clear up confusion around artistic expression and Olympic trademarks, CBC News Online reports.

Last year, the federal government passed legislation that grants intellectual property protection to 58 trademarks.

The law is meant to stop people from taking an Olympic trademark and trying to make a profit of it. METRO VANCOUVER

News in brief

FUNDRAISER Special Olympics B.C. and the Canucks for Kids Fund are hosting a Sports Celebrities Festival fundraiser on Nov. 13. It'll feature the entire Canucks team, local sports heroes and legends along with comedian Brent Butt. For tickets call 604-737-3073.
METRO NEWS SERVICES

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What's online today.
Have the markets hit bottom? Read Allan Small's Investment Perspective for his take.
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Racers fight to the bone

Twelve competing for 6 spots on Canada's national skeleton team

JEFF HODSON
jeff.hodson@metronews.ca

With Halloween around the corner, Canada unmasked its national skeleton team in Vancouver yesterday.

Twelve athletes — including Torino Olympic medalists Jeff Pain (silver) and Mellisa Hollingsworth (bronze) — will duke it out in a trio of races over the next month to determine the six who will compete for Canada in the 2008-2009 World Cup.

The first of the trials runs Saturday and Sunday at the Whistler Sliding Centre, home to skeleton and bobsled races in 2010.

Hollingsworth, 28, who took a year off from competition following her bronze-medal race to recuperate for 2010, said the new track is unofficially the fastest in the world, with athletes clocking speeds of 140 km/h.

"My fastest speed this month has been 136 km/h," Hollingsworth said. "I suspect we'll be going faster this weekend when we're racing."

The athletes have been up at Whistler all week preparing for the first selection trial, which will replicate Olympic competition with four runs over two days. Races begin both days at 9 a.m.

The second in the series is a two-run race at the Canada Olympic Park in Calgary on Nov. 1, followed by a two-run race Nov. 16 in Lake Placid, N.Y.

JEFF HODSON/METRO VANCOUVER

Mellisa Hollingsworth, on Beatty Street in Vancouver yesterday, is one of 12 athletes competing for six spots on Canada's skeleton team. The first of the selection races runs this weekend in Whistler.

Bronze-medallist

- Hollingsworth has been racing skeleton since she was 15 and went door-to-door as a teen to finance her competition trips to Europe.
- Hollingsworth, from Eckville, Alta., has "I Love Alberta Beef" on her sled.

Women put their Best Breast Forward for cancer awareness

CALENDAR. It's the kind of topless girls calendar you can send to your grandma and feel good about buying.

The Put Your Best Breast Forward calendars go on sale tomorrow to raise money for the Canadian Breast Cancer Foundation.

It features nine Vancouver friends cavorting topless in everyday situations — like cocktail parties or suburban backyards — tastefully covered up by balloons or undies on a clothing line.

Natasha John, 24, the brainchild behind the inaugural calendar, said the idea was to promote awareness to the younger generation.

"At first (some of) the girls were very hesitant and self-conscious," said Jennifer Williams, 30, one of nine women featured in the calendar. "But … at the end they were really comfortable (with being topless)."

That's the idea, added John — to leave your inhibitions behind and get tested.

One participant said being in the calendar inspired her to get a mammogram.

"She said (posing in the calendar) was a great way to celebrate her body being cancer free," said John.

KRISTEN THOMPSON/
METRO VANCOUVER

Jennifer Williams, left, and Natasha John

Party time

- The fundraising party, which includes a silent auction, will be held tomorrow night at Heist Lounge on Richards street.
- Calendars cost $20 and proceeds go to the Canadian Breast Cancer Foundation.

News in brief

SKIING Whistler-Blackcomb operators say it's business as usual despite difficulties to refinance its credit. The Intrawest ski resort company has $1.68 billion in debt due Oct. 23.

OLYMPICS Whitecap Books has partnered up with VANOC to publish an illustrated children's book chronicling 2010 Vancouver Olympics mascots Quatchi, Miga and Sumi titled The Story of the Vancouver 2010 Mascots.
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B.C. Place requires a dome-over
B.C. Place is searching for a roofer to replace its 25-year-old inflatable roof with a retractable version. The B.C. government decided in May to replace the dome after it collapsed in 2007. CBC NEWS ONLINE

Bright future in B.C. wind power: Expert

MONICA MARTINEZ
for Metro Vancouver

With British Columbia's first wind turbine installed earlier this month in Chetwynd, the Canadian Wind Energy Association's would like to see Canada's 1 per cent of wind power rise to 20 per cent by 2025.

Canada has the opportunity to move forward quickly — and with it B.C., said Sean Whittaker, the vice-president of CanWEA.

"British Columbia has been slow off the mark in adopting wind, but I am confident it will make up ground quickly," he said.

Conference underway

- The Canadian Wind Energy Association is holding its annual conference until tomorrow at the Vancouver Convention and Exhibition Centre. The event focuses on the potential of wind energy in B.C. and Canada.

The Dokie project near Chetwynd will power 33,000 homes when the 48 gigantic windmills are all installed by end of 2009. Another wind farm with 34 towers on Bear Mountain in Dawson Creek is set for completion next November.

Energy from wind

- Denmark – 22%
- Spain – 13%
- Germany – 9%
- Canada – less than 1%

Whittaker said hydro and wind are an ideal match.

"When the wind is blowing you can stop your dams and use hydro as a massive battery," he said. "It's perfect."

Has Adoption Touched Your Life?

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If you were involved in an adoption in Ontario, you need to know about an important change to your information and privacy rights.

Effective June 1, 2009, Ontario adoption records will be opened. This means adopted adults and birth parents will be given access to identifying information from birth records and adoption orders.

If the adoption order was made before September 1, 2008, adopted adults and birth parents can file a disclosure veto to prevent the release of the information.

If you want your identifying information to be kept private, **you should file a disclosure veto before June 1, 2009.**

No contact notices are also available.

To learn more about your rights to information and privacy regarding adoption, **visit www.ontario.ca/adoptioninfo or call 1-800-461-2156 (TTY 416-325-3408).**

Paid for by the Government of Ontario.

Ontario

Air Canada delays brought on by glitch

ERROR Hundreds were stranded at Vancouver International Airport yesterday morning as Air Canada flights were delayed nationwide because of a computer glitch.

The troubles began about 10 a.m. and were fixed by noon.

The company blamed the routing problem on the Bell Canada network that connects Air Canada's computers.

The glitch impacted airport computers, the reservation system and the operation control. Four short-haul flights were cancelled.

No other Bell customers were affected.

METRO VANCOUVER

Cops bust pair for selling steroids at nutrition store

CRIME Two North Vancouver residents are accused of selling illegal steroids at a sports nutrition store.

Police allege SVN Canada, which was raided in August, was selling Methyl-1-Testosterone (M1T) — a testosterone derivative that is illegal in Canada.

The steroid was sold to young people trying to "bulk up," said RCMP, warning that the steroid can have adverse reactions, including reduced fertility, liver damage, artery hardening and the enlargement of male breasts.

Joao Melo, 28, and Sylvie Tran, 26, have been charged with trafficking in a controlled substance.

JEFF HODSON/METRO VANCOUVER

Victoria to see green rally

PROTEST A large environmental protest is planned for this Saturday in Victoria with more than 1,300 confirming their attendance on Facebook.

According to The Wilderness Committee, an additional 500 people confirmed via e-mail. The noon protest will attempt to get the crowd to hold hands and encircle the Legislative Buildings.

Protesters are calling on the province to enact timelines to end old-growth logging on Vancouver Island and the Lower Mainland and speakers will include B.C. NDP Leader Carole James and various forestry representatives.

METRO VANCOUVER

News in brief

ANGER The Union of B.C. Indian Chiefs (UBCIC) yesterday said it supports a call for the resignation of Richard Pound as Chancellor of McGill University. The Assembly of First Nations of Quebec and Labrador alleges that on Aug. 9, Pound referred to Canada as a country of savages before its colonization by Europeans. UBCIC Grand Chief Stewart Phillip called the remarks racist.

HONOUR SFU biologist Bernard Roitberg has been awarded a gold medal from the Entomological Society of Canada for contributing major advances to insect behavior and their evolutionary ecology over his 30-year career.

HEALTH The Vancouver Health Authority and Fraser Health are collaborating to lower wait lists for various surgeries in the Lower Mainland through a two-year $75-million initiative.

LISTED The B.C. Public Service has made it on to the province's Top 50 Employers List for the second year in a row.

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Born Free corners baby-bottle market

As the federal government prepares to draft regulations prohibiting the importation, sale and advertising of polycarbonate baby bottles that contain bisphenol A, Born Free Canada, of Vaughan, Ont., finds its products in high demand. The company says it's the only Canadian manufacturer of BPA-free baby bottles. REUTERS

Canada

Dairy farmer in contempt

Dairy farmer Michael Schmidt was found in contempt of court yesterday for distributing raw milk from a co-operative farm he runs in Owen Sound, Ont. For health reasons, the sale of raw milk is illegal in Canada. Schmidt said he does not sell or distribute raw milk, but simply provides the milk to the cow's owners, all of whom pay to board the 300 cows at his farm. TORSTAR NEWS SERVICE

RCMP ask Ludwig for bombing insights

PIPELINE Police in Dawson Creek, B.C., have spoken to convicted bomber Wiebo Ludwig to get an insight into who might be responsible for two pipeline blasts that sent fear through the community last week.

RCMP are interviewing anyone with insight into oil and gas production, and people who might sympathize with anger against oil companies.

In the '90s, Ludwig, who lives in Alberta, was convicted of sabotaging gas wells that he blamed for his family's health problems.

Ludwig is not a suspect in the investigation.

Poverty rate rising rapidly, study says

INEQUALITY Canadian poverty and inequality rates are now higher than the average developed nation, a new study says.

The income gap is growing throughout the developed world, but the gap between rich and poor in Canada widened more than in most countries between 1995 and 2005.

METRO NEWS SERVICES

Some premiers support use of 'practical' deficits

Ontario will run a "temporary" budget deficit to protect social services and preserve infrastructure spending, Premier Dalton McGuinty said yesterday.

"You get yourself into trouble if you have an ideological aversion to deficits. You don't embrace deficits but ... let's be practical here. The choice is you cut programs, you can raise taxes or you run deficits," McGuinty said at a a one-day meeting on the economy with Canada's provincial and territorial leaders.

McGuinty said he hoped Prime Minister Stephen Harper and Finance Minister Jim Flaherty resist any "ideological slavishness" to balancing their books at all costs — on the backs of the provinces.

Manitoba Premier Gary Doer agreed.

"Everybody understands that what happened in '95 is the deficit was moved from the federal government to the provinces and from the provinces to the municipalities and we still have potholes in our country from what happened in '95," Doer said.

TORSTAR NEWS SERVICE

REUTERS/SHAUN BEST

Alberta Premier Ed Stelmach, left, sits beside Prince Edward Island Premier Robert Ghiz, centre, and Manitoba Premier Gary Doer after a Council of the Federation meeting yesterday in Montreal.

Residential school probe head resigns

POWER STRUGGLE The high-profile examination into the systemic abuse of aboriginal children at church-run residential schools ground to a halt yesterday when the head of the federal commission abruptly resigned, citing a power struggle.

The Indian Residential Schools Truth and Reconciliation Commission is supposed to travel the country listening to some of the 150,000 aboriginals who were forced into residential schools, where many say they were sexually and physically abused.

As part of the official apology, Prime Minister Stephen Harper told Parliament that there could be no excuses for what happened at the government-funded, church-run schools, which mainly operated from the 1870s to the 1970s.

In 2006, Ottawa reached a $1.9-billion settlement with the roughly 90,000 school survivors. The commission was created as part of the settlement. REUTERS

problem

- Chairman Harry LaForme cited an "incurable problem" as the reason for his resignation, saying the two commissioners working under him would not take his directions.

News in brief

IRVING FINED Forestry giant J.D. Irving Ltd. was fined $60,000 after pleading guilty yesterday to destroying a blue heron habitat in New Brunswick two years ago, CBC News Online reports. The charges were laid in 2006.

AIR SAFETY Since March 5, 15 pilots at Toronto airports have complained someone shined laser pointers at incoming or outgoing aircraft, blinding the pilots. There had only been five such incidents in the previous three years.

SNAKEBITEN A Winnipeg man is receiving medical treatment after being bitten by an African snake on Sunday, CBC News Online reports. The 31-year-old man was bitten in the face by a gaboon viper and is listed in guarded but unstable condition.

ECONOMY Finance Minister Jim Flaherty is set to announce measures this week to help domestic banks keep up with their foreign competitors, which are benefiting from government bailouts and guarantees.

METRO NEWS SERVICES

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RICK MERCER REPORT
This week, something strange is happening in the corn fields of Thamesville, Ontario.
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Comment & Views

Comment

Dion deserves more time

National**Report**

Stéphane Dion made a smart move yesterday — at least from his own point of view. Step down, yes. But not now.

Being the bizarre game that it is, politics produces many unpredictable twists. Minority governments can fall — quickly and unexpectedly. Remember Joe Clark's in 1979?

Staying on gives the Liberal leader that remote possibility — another election. It gives him an opportunity, with an honourable performance over the next seven months, to improve his image.

The Liberals didn't have anyone in the wings who would have been an impressive interim leader. Paul Martin stepped down right away after being defeated in the 2006 campaign — and now regrets having done so. There was no hurry. His party would have fared much better in the interim under Mr. Martin than it did under Bill Graham.

Given his weak performance as captain of the team, Mr. Dion deserves much of the criticism he has received. But by historical standards, he deserves a little more time. Lester Pearson suffered a worse thrashing than him in the 1958 campaign. John Turner did worse in the 1984 campaign. And both stayed on.

Mr. Dion's problem is that he has no palace guard. Most of the top players in the party want his job.

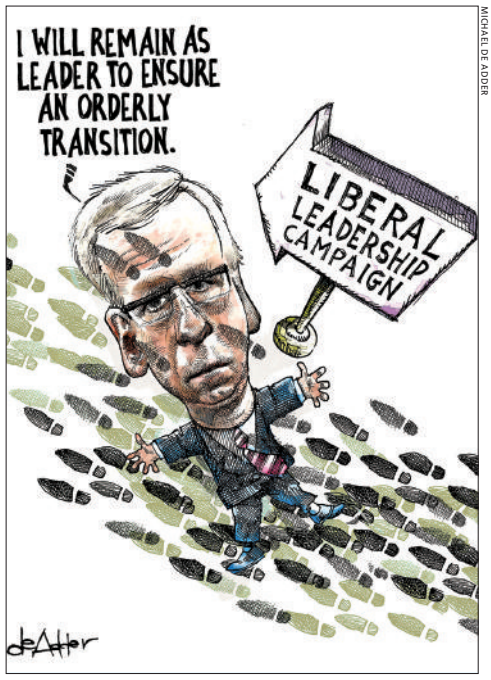
Mr. Dion's problem is that he has no palace guard. Most of the top players in the party want his job. It's been an added problem ever since he took the reins.

Now all hell will break loose in the party in the scramble to succeed him. Bob Rae and Michael Ignatieff start way out in front. They are both quality candidates.

Some want Frank McKenna to make a political comeback, but he would be wise to stay on the sidelines. He has been out of politics for more than a decade and is rusty. He has no experience at the federal level.

In Mr. Rae and Mr. Ignatieff the Liberals have two compelling candidates. Had they picked one of them the first time round they wouldn't have been in the predicament they find themselves in now. One of them might have been prime minister today.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

World's not just a stage, it's a catwalk — and everyone's watching

By DAVID DIXON
Canadian Designer,
David Dixon Label

Appraising my 2009 spring collection at its Canadian debut today at L'Oreal Fashion Week (in Toronto), thoughts of what should go with what, and whether the collection will be "runway ready" overwhelmed me!

However, the non-"follower of fashion," might question the relevance of those concerns — not to mention the months of preparation — for a brief 15-minute presentation.

Is fashion relevant? In short, yes. Fashion is more than about the right dress or the next big thing, it's a direct reflection of our times as well as our own self-expression. Fashion is a part of our culture and gives us markers for historical reference. We have adopted a fascination with people and the way they dress, especially celebrities.

In the political arena, the importance of image is crucial. As a population, we often judge our pre-elects on how they look rather than their positions on issues. When we look at the Democratic race in the United States, no one forgets that Hillary wore great pantsuits — feminine, yes, but powerful as well.

So is fashion relevant? Ask yourself that when you are going on that first interview, first date — or you run for office. Your answer will be clear. And make no mistake about it: the world is not just a stage, it's a catwalk — and everyone is watching.

Sex shop body spreads tainted

Chocolate-flavoured body spreads sold in British sex shops have been found to be tainted with melamine, the chemical that made thousands of babies ill in China, food safety authorities said yesterday. REUTERS

World/Business

Secret files on UFOs released

PILOT Two U.S. fighter planes were scrambled and ordered to shoot down an unidentified flying object (UFO) over the English countryside during the Cold War, according to secret files made public yesterday.

One pilot said he was seconds away from firing 24 rockets at the object, which moved erratically and gave a radar reading like "a flying aircraft carrier."

The pilot, Milton Torres, now 77 and living in Miami, said it spent periods motionless in the sky before reaching estimated speeds of more than 7,600 mph. REUTERS

News in brief

SMOKING Delegates from more than 150 countries met yesterday to push for a wide-ranging pact to curb the booming trade of cigarette smuggling.

HEALTH The AIDS virus, HIV, may cause blood clots that can kill patients prematurely even if they are relatively healthy, according to research released yesterday.

BIRTHS A woman who was struggling to conceive gave birth to six healthy babies — four boys and two girls — in a German hospital, the medical director of Berlin's Charite hospital said yesterday. REUTERS

Picking Palin coming back to haunt McCain

With the U.S. financial crisis dominating voter concerns just two weeks before election day, Republican John McCain is facing renewed criticism for his choice of Sarah Palin as a vice presidential running mate.

CARLOS BARRIA/REUTERS

Conservative commentators, late-night comedians and even retired Gen. Colin Powell have questioned the Arizona senator's judgment for putting the little-known Alaska governor on the White House ticket.

Palin, a mother of five whose staunch opposition to abortion rights has energized her party's base, is still drawing large crowds and bringing conservative voters who were wary of McCain back to the Republican fold.

But crucial independents in must-win battleground states on Nov. 4 are having second thoughts, analysts say, after Palin's performance on the national stage failed to illustrate her readiness to take over the country's top job. REUTERS

Obama to Hawaii

- Democrat Barack Obama will leave the presidential campaign trail to visit his ailing 85-year-old grandmother in Hawaii. Her health has deteriorated in recent weeks, an aide said yesterday.

Business

Former WestJet execs take to sky with Enerjet

AIRLINES A pair of former WestJet executives announced yesterday they'll soon be taking to the skies on their own under the moniker Enerjet.

At the helm are Tim Morgan, a co-founder of WestJet who stepped down in 2005, and Alan Mann, a former WestJet exec, CBC News Online reports. They plan to target smaller Canadian cities that are underserved.

The new Calgary-based airline, the brain-child of WestJet founder Tim Morgan, will start offering charter flights throughout the country in the first quarter of next year, with tour operations for the leisure market slated for later in the year.

Enerjet intends to lease a pair of 135-seat Boeing 737-700s to start, and will add to their fleet later. METRO NEWS SERVICES

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Baseball **Louisville in fever pitch**

REUTERS/JOHN SOMMERS II

Production was in high gear for Hillerich and Bradsby employee Tommy Forrest, seen lacquering World Series baseball bats made for players of the Tampa Bay Rays and Philadelphia Phillies at its Louisville Slugger plant in Louisville yesterday.

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Little time to clean air emissions

The International Energy Agency says countries aren't doing enough to develop and deploy systems that capture carbon dioxide emissions from power plants, even though such technologies are considered crucial in the battle against climate change.

In Canada, Alberta and Saskatchewan are taking the lead on carbon capture and storage research. While some initiatives have been announced or proposed, even the most advanced project is seven years away.

In a report, the agency said if projects do not materialize soon, "it will be impossible for (the technology) to make any meaningful contribution to greenhouse-gas mitigation efforts by 2030." TORSTAR NEWS SERVICE

In brief

ECONOMY U.S. Federal Reserve chairman Ben Bernanke said yesterday that another stimulus package may be needed. It would follow this summer's $100 billion in tax rebates, which were intended to jump-start the economy. REUTERS

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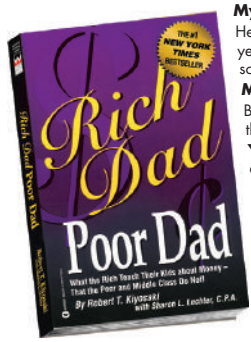
The #1 NEW YORK TIMES BESTSELLER
Rich Dad
Poor Dad
What the Rich Teach Their Kids about Money – That the Poor and Middle Class Do Not!
By Robert T. Kiyosaki with Sharon L. Lechter, C.P.A.

My Poor Dad was educated and intelligent.
He completed four years of undergraduate work in less than two years. He then went on to receive his Ph.D… all on full financial scholarships.

My Rich Dad never finished the eighth grade.
Both men were successful in their careers, working hard all their lives. Both earned substantial incomes.

Yet my highly educated dad struggled financially all his life and the other dad would become one of the richest men I had ever known.
One died leaving tens of millions of dollars to his family, charities, and his church. The other left a legacy of unpaid bills. Both men were strong, charismatic, and influential.

Both men offered me advice, but they did not advise the same things.
My two dads offered me the perspective of contrasting points of view: a rich man's view and a poor man's view. This forced me to think about, and ultimately choose, a new way of thinking for myself. A way of thinking that assures financial security and prosperity! Now, through my books and workshops, I can share my mindset with anyone interested in mastering the Rich Dad® way of thinking – and use it to create true long-term wealth.

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What's in a name?

Picking a name is a rite of passage when starting a business, and while it can be fun, you should put some serious thought into it. The name you choose will affect how others see your business. A memorable name will stick in customers' heads, while a too-clever spelling might be hard to find in the yellow pages. NEWS CANADA

Small Business

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Dispelling start-up myths

Nine out of 10 businesses in Canada are small or mid-sized. Despite being the overwhelming majority, many owners are frustrated by a lack of information on how to get started and what business tools they need to succeed. Information can be confusing, hard to find or even inaccurate. We have compiled a list of common myths about entrepreneurship and useful tips to help save time and reduce frustration.

Myth 1: If you don't know all the details about running your business, you shouldn't be in business.

Fact: Not true. Being an entrepreneur is all about having a great idea and making it happen. Planning is key, but you don't need to be an expert on Day One. If in doubt, look into training.

"A good business plan shows two things: A great business idea and a clear shot at profit."

Government organizations, small business groups and technology vendors offer many options. Try Industry Canada's Strategis site (strategis.gc.ca) or the QuickBooks Small Business Community (quickbooksgroup.ca) for a range of free advice on setting up and running a successful business.

Myth 2: No one in a competitive industry is willing to provide tips to a start-up business.

Fact: Trade associations and industry conferences, both full of competitors, are great resources for start-up companies. Some industry groups even offer classes and workshops. After all, a rising tide lifts all ships.

Myth 3: A small business won't benefit from technology investments.

Fact: Just the opposite! Technology enables small businesses to reach new customers and be more efficient. Today's technology — company websites, and portals like eBay Stores — open up new avenues to customers. In a recent survey, 90 per cent of small business owners said accounting software cuts the amount of time they spend managing their books, searching for business data, taking care of payroll and other administrative tasks. Without the admin work, they can focus on running their business.

Tip 1: Get a plan! Success requires smart, simple planning.

A good business plan shows two things: A great business idea and a clear shot at profit. Your plan should identify the purpose of your business; your primary competitors; your likely customers; how you plan to staff, stock, and supply your goods and services; your estimated start-up costs, revenues, and expenses; and finally, how you plan to make a profit. Not quite sure how you're going to make a profit? Refer to one of the many online resources that offer free small business financial planning tools, such as interactive calculators to estimate starting costs, cash flow, ROI (return on investment), break even points and more.

People in competitive industries can be a wealth of information for those who are just starting out.

Tip 2: Get expert help and training for starting your business.

Getting business help and training doesn't have to cost an arm and a leg, and is easy to find. Local chambers of commerce and various government organizations, such as Industry Canada's Strategis site, offer a number of resources for Canadians, most of which are free of charge and easy to access. Many colleges also provide inexpensive courses covering a range of business subjects. NEWS CANADA

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Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Financial 'wardrobe'

SmartCookies

If we compare investments to clothing, bonds would be the fundamental (though kind of boring) necessity that you build your wardrobe on.

In recent weeks it's been hard to avoid being inundated by information about the economy and stock market. If you have found yourself in the middle of a conversation and feeling totally out of the loop about stocks, bonds and mutual funds, we are here to simplify the world of investing using an analogy most of us can understand — our wardrobes!

Let's begin with the basics — if we compare investments to clothing, bonds would be the fundamental (though kind of boring) necessity that you build your wardrobe on. For example, a plain white button-down or a pair of straight-leg jeans.

Bonds are issued by companies and municipal, provincial and federal governments. In exchange for you lending them money, they issue a bond that promises to pay you back your money in the future plus interest. Bonds are much less risky than stocks.

Stocks, on the other hand, would be the more trendy add-ons that may seem a bit more risqué — but also have a lot to offer and are somewhat sexy.

When you buy a stock, you buy a part of a business. As the value of the business or company fluctuates, the value of the owners "share" also increases or decreases.

Of course, some companies are riskier than others. If you choose to invest your money in a blue chip company (a company that is well-established and well-respected) — as opposed to a newly public company — you may make less money in the end, but the risk of losing money is not as great.

Last, we have mutual funds. Mutual funds represent what your closet should look like: A balance of basics that you can count on, mixed with other pieces you're betting will enhance the overall worth of your wardrobe (although there is a risk that they may not).

"Stocks, on the other hand, would be the more trendy add-ons that may seem a bit more risqué — but also have a lot to offer and are somewhat sexy."

So, if one piece drops out of a fashion, or decreases in value, you still have many others to offset the loss.

Mutual funds offer you an opportunity to contribute money into a pool with other investors to purchase large amounts of stocks, bonds or both. You invest in a fund, run by a professional, who buys shares or stock or bonds.

Mutual funds offer some unique advantages. As mentioned, these funds are comprised of both stocks and bonds, so through diversifying your investment, you lower your risk.

Also, as a general rule, you are able to sell shares quickly if you are in need of some cash. Lastly, there is a professional overseeing your investments.

For more information on investing, check out our new book Smart Cookies Guide to Making More Dough, on sale in book stores this month and visit smartcookies.com for more on living your richest life. If you have questions or comments for the Smart Cookies, e-mail smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

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Poll results

According to an online poll available at Canadianbusiness.com, 83 per cent of respondents feel borrowing money for their business will become harder in the wake of the upheaval in the U.S. economy. METRO NEWS SERVICES

Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Small business survival in a recession

Q I operate a small retail store and a warehouse that supplies other small stores. I have reduced inventory at both locations and have mounted an advertising campaign. What other steps can I take to ensure the viability of my business? Kim

A Many small businesses must develop strategies to ensure the survival of their business in the event of an economic downturn in Canada.

These are not times for "business as usual." Consumer confidence is at its lowest in decades and when consumers are insecure, they cut spending.

Small businesses are particularly vulnerable, as many may lack support systems that benefit larger firms. There are a plenty of resources available to help small businesses and owners should not hesitate to take advantage. Regardless of the business type, owners should have sound business practices in place. No business can be completely recession-proof, but in these economic times, it may mean tightening policies.

Cash Flows:
No business stays afloat without a continued cash flow. Review your credit policies and those of suppliers.

Inventory:
Manage inventory without hurting product quality or customer satisfaction. A business can hemorrhage from too much or too little inventory.

Sales:
Continue to attract new customers, however do not ignore your existing client base. Where else can you receive better references? It is also cheaper.

Costs:
Fixed costs do not change with the economic climate. Pay closer attention to managing other costs.

Employees:
Treat them right. They can make or break a business. Get advice from your accountant or other professionals and now is the time to say hello to your banker.

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcga@yahoo.ca.

MoneyMatters

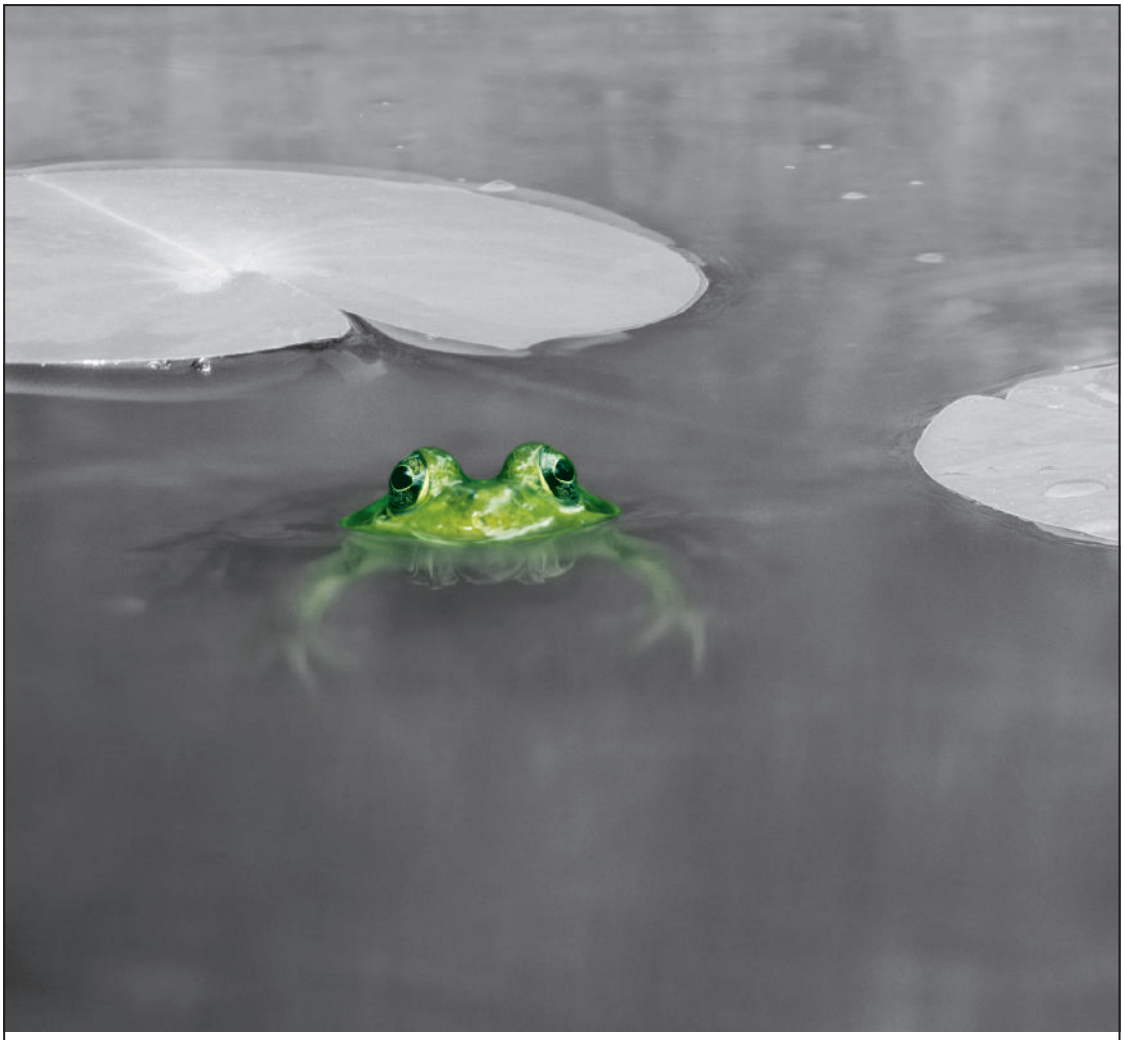
Henry Choo Chong

choochonghcga@yahoo.ca

Investing

Allan Small

This week's column looks at whether we've hit rock bottom in the markets. Read it at metronews.ca.



Thanks for making things a little greener.

Thanks to the over 63,000 volunteers that participated in this year's TD Great Canadian Shoreline Cleanup. With your help, over 100,000 kilograms of litter was picked up from the shores of our oceans, lakes, rivers, streams, and ponds. It's just one more way we're working together to add a little green to our communities.

To learn more about the TD Friends of the Environment Foundation, go to www.fef.ca or visit your local TD Canada Trust branch.

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Vanek first star

Buffalo Sabres forward Thomas Vanek was named the NHL's first star of the week yesterday. He picked up eight points in four games last week, helping Buffalo to a 3-0-1 record over the stretch. METRO NEWS SERVICES

Sports

Heavyweight franchises unite over food

Two of the most recognized U.S. sports teams — the New York Yankees and the Dallas Cowboys — have formed a stadium operations company. Each club will move into a new stadium next year, and officials from both teams said at a news conference yesterday that the company will allow them to provide better food options for fans.

REUTERS

SPORTS@METRONEWS.CA

Vegas sees more than just Ray of hope

YorkReport

Marty York
marty.york@metronews.ca

The Tampa Bay Rays, whose worst-to-first ascent ranks as baseball's story of the year (and maybe the century), have been established as relatively heavy favourites to win the 2008 World Series. Oddsmakers have decided bettors must lay $1.50 on the Rays to win a dollar and stand to collect $1.30 on every dollar they place on the underdog Philadelphia Phillies. The Rays are favoured largely because they have home-dome advantage in the seven-game Series, which opens in Tampa tomorrow night. Interestingly, the Rays seized the home advantage for the Series when one of their pitchers, Scott Kazmir, won the All-Star Game for the AL back in July. Advice: Take Philly. The Phils' lineup is stacked with more prolific and more experienced batters than Tampa's and they have an almost-unhittable closer in Brad Lidge.

• Some oddsmakers also have put out a line on the Series' prospective television ratings — and they're suggesting viewership will be extremely low.

Last year's Series — a four-game sweep by the Boston Red Sox over the Colorado Rockies — drew the second-lowest ratings in Series history with a 10.6 share. The over/under for this Series is a 10.2 share. Visit BetOnline.com for details.

• If you're human, you're rooting for the Rays' Rocco Baldelli, who delivered the most important hit in his team's history — the game winner in the AL Championship Series against Boston Sunday night. Baldelli suffers from a mitochondrial disorder that leaves him easily exhausted and could, after the Series, end his career.

"Every single thing I used to do on the field, I used to do hard," Baldelli told me earlier this season. "I can't go hard any more."

7 • The number of home runs hit by Tampa Bay outfielder B.J. Upton in the postseason. He's the first player to hit seven playoff homers after posting fewer than 10 in the regular season.

GETTY IMAGES

The Rays' Rocco Baldelli suffers from a career threatening mitochondrial disorder.

In fact, Baldelli couldn't finish Sunday's game after becoming weary. He was replaced in the seventh inning by ex-Blue Jay Gabe Gross.

• Still smarting from their ALCS loss, the Bosox are aiming to fortify their pitching, offering a package of prospects and cash to San Diego for ace Jake Peavy, whom the Padres have deemed expendable ... The Bosox also hope to reacquire free-agent-to-be Derek Lowe. The Jays also covet Lowe, who isn't interested in returning to the Los Angeles Dodgers.

Also likely to leave the Dodgers as a free agent is outfielder Manny Ramirez, who said: "I want to see who is the highest bidder. The price of gas is up and so is my price."

Two notable names who've applied to become the Milwaukee Brewers' new manager: Willie Randolph and Paul Molitor ... And expect this soon: The engagement of Alex Rodriguez and Madonna.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Game Preview

VS

THE SKINNY: The Canucks look to snap a two game losing skid tonight in Columbus.

FARM HANDS: Both Kyle Wellwood and Matt Pettinger are expected to be in the lineup in place of injured Pavol Demitra (ribs) and Darcy Hordichuk (knee).

SOMETHING SPECIAL: The Canucks' special teams rank in the bottom third of the league. The Jackets boast a top 10 powerplay, and have killed off 21 of 25 penalties.

BAD BUCKEYE BLOOD? Former Ohio State teammates and Canucks' first rounders Ryan Kesler and RJ Umberger go head-to-head tonight. Umberger was none too pleased when Kesler signed for less money than he was holding out for in Vancouver.

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Get 2.5 hours of exercise per week, U.S. says
Adults should aim to get in two and a half hours of exercise per week, and children should run and play for at least an hour a day, according to new exercise guidelines issued by the U.S. government. REUTERS

Health

Disco tune could save your life

U.S. doctors have found the Bee Gees 1977 disco anthem Stayin' Alive provides an ideal beat to follow while performing chest compressions as part of CPR on a heart attack victim. The American Heart Association calls for chest compressions to be given at a rate of 100 per minute in cardiopulmonary resuscitation (CPR). Stayin' Alive almost perfectly matches that, with 103 beats per minute. REUTERS

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Some vitamins carry risk

Ask an expert if you should take extra supplements

CELIA MILNE
for Metro Canada

When it comes to vitamins, loading up isn't always better. Although many vitamins have health benefits, some also carry risks.

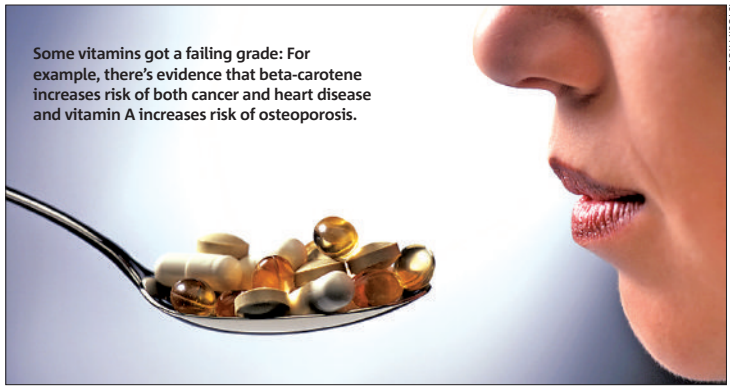
The best route is to eat a well-balanced diet (use Canada's Food Guide) and then ask an expert whether you need to take extra vitamins. "Consult a dietician to see if you need a supplement," says Dr. Susan Whiting, (PhD), a professor in the college of pharmacy and nutrition at the University of Saskatchewan in Saskatoon.

Dr. Whiting and colleagues took a thorough look at international studies of various vitamins and outlined for the Dieticians of Canada which ones were beneficial and which ones were possibly harmful. Some vitamins have clear benefits to certain age groups: For instance, women who are pregnant or breastfeeding need a multivitamin supplement containing folic acid every day. Men and women over 50 need a daily vitamin D supplement of 400 IU. Minerals such as calcium also have clear benefits: calcium is associated with a decrease in colorectal cancer and blood pressure.

But some vitamins have both risks and benefits: vitamin E can increase a person's risk of lung cancer, but also decrease incidence of prostate cancer.

Some vitamins got a failing grade: For example, there's evidence that beta-carotene increases risk of both cancer and heart disease and vitamin A increases risk of osteoporosis. Both of these vitamins, in some studies, increased the risk of death from all causes.

The main message is that with vitamins, the more is not necessarily the merrier. "The consumer needs to know there are benefits and risks," says Dr. Whiting.



Some vitamins got a failing grade: For example, there's evidence that beta-carotene increases risk of both cancer and heart disease and vitamin A increases risk of osteoporosis.

ISTOCKPHOTO

Find a dietician

- To find a dietician in your neighbourhood, visit *dietitians.ca*.

Health in brief

READING HELPS WAISTLINE
In the first study to look at the impact of literature on adolescent obesity, researchers at Duke Children's Hospital, in North Carolina, discovered reading the right type of novel can help kids lose weight. Researchers asked 31 obese girls ages 9 to 13, who were already enrolled in a weight-loss program, to read an age-appropriate novel called Lake Rescue (Beacon Street Girls), whose protagonist derides herself as "the big girl" at school. The novel was written with the help of pediatric experts to include the latest research on weight management. Healthy lessons and positive messages are woven into the adventure-heavy plot.
TORSTAR NEWS SERVICE

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Coffee, breast cancer link tenuous

CELIA MILNE
for Metro Canada

RESEARCH Drinking coffee doesn't seem to increase your overall risk of getting breast cancer. But the relationship between caffeine consumption and breast cancer is not crystal clear, according to a report in a recent issue of Archives of Internal Medicine.

Doctors in Boston and Tokyo studied 38,432 women over age 45. For the study, these women provided detailed information about what they ate and drank, and doctors charted the women's health for about 10 years. In that time, 1,188 of the women developed malignant breast cancer. Overall, drinking coffee or consuming other caffeinated foods was not linked to the risk of breast cancer.

More analysis revealed that the risk of certain types of breast cancer — hormone receptor-negative breast cancer or tumours greater than two centimetres — was higher with a larger amount of caffeine consumption. "The mechanisms by which caffeine may affect breast carcinogenesis (cancer development) are complex and remain unclear," the authors wrote.

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Everyone's got a little kink

The J Spot

Don't kid yourself — kink isn't only for the underground nocturnal urbanite types.

It gives new meaning to the expression "being a slave to fashion." As part of Toronto Fashion Week, Northbound Leather is hosting X-posé, its 12th annual kink fashion show.

And if you think kink is only for underground nocturnal urbanites, don't kid yourself.

"We see everyone from goths to (house) wives at our show," says George Giaouris, who took over the Yonge Street family leather business from his father and has turned it into a sort of Wal-Mart of fetish accessories.

Giaouris admits he's had no formal education when it comes to assessing a person's particular sexual bents, but as a self-described "old whore when it comes to this stuff," he can guess within a minute of someone coming into the store.

"If they reach out and touch corsetry, they probably like a bit of bondage and a corset is a bit like a great, big hug," Giaouris explains. "When they enter my store, they wear their sexuality on their sleeve."

And if it's a latex or leather sleeve, it may be because of those early sexual fumblings in the vinyl or leather back seats of that old Chevy when they were teenagers.

Giaouris believes everyone has a fetish, that whatever you associate with early sexual arousal will always have a special place in your heart. If you first did it on a fur rug, for example, fur may always be a turn on for you.

For others, experimenting with the darker side of their sexuality is about relinquishing or experiencing power.

"The person that's the CEO, or high-level manager gets tired of always calling the shots and the one who never gets to make the decisions likes to experience being the one in control," explains Giaouris.

For a lot of couples who crave the excitement that came so effortlessly early in the relationship, expanding their sexual boundaries is a way of rediscovering that thrill. They are comfortable in their sexuality and secure in their relationship, but just looking for a way to take things up a notch. And now, with the luxury of the Internet, a couple can tread into this sometimes scary territory from the comfort of their own homes.

"They don't have to put themselves out there," says Giaouris. "There are plenty of online resources, support groups and networks. These days, you and your partner can take everything from a cooking class to a rope class that will teach you how to tie your partner up sensually. There is no danger in exploring."

After all, Giarouris says coyly: "Like teenagers who always want to do what they're told they shouldn't, forbidden fruit tastes best."

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Carell in talks to play Bobo

Steve Carell is reportedly in talks to resurrect the work of late comic Peter Sellers. Carell is said to be negotiating a deal to remake 1967 film The Bobo, which originally starred Sellers and Britt Ekland, with himself in the lead role. IMDB.COM

Entertainment

Bourne again

Matt Damon is to star in a fourth Bourne movie. The actor is reportedly set to return to the role of the amnesiac spy Jason Bourne, with director Paul Greengrass again at the helm. FEMALEFIRST.CO.UK

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Perfect storm

Keane album drops as financial crisis hits

BRYAN BORZYKOWSKI
for Metro Canada

It's tough to imagine that America's crumbling economy would affect a giant rock band like Keane, but even they're worried that people will forgo buying their new disc and download it for free instead.

"As the group's drummer, I think people should pay for music," says the London-based trio's beat keeper Richard Hughes. "But I understand that some people won't be able to afford it.

"It's a bit like Barack Obama when he says health care is a right, not a privilege. Well, music is a right and I'd rather people hear it than not."

The fact that the world's love of excess and overspending is coming to a shocking halt right as the band release third album, Perfect Symmetry, is an odd coincidence, since the new music touches on these themes.

"The record is about this kind of stuff," he says. "We know we're pissing away billions of pounds on bombs and guns and warships. We should be building better hospitals and homes for the people who walk around London that don't have homes."

While lyrics such as "maybe you find, life is unkind and over so soon, there is no golden gate, there's no heaven waiting for you," from the title track is dark, the music is anything but. In fact, Keane have transformed themselves from a brooding, piano-driven band into upbeat '80s rockers.

Hughes says Keane is just trying new things. "We've always loved bands that surprise you with their next record," he says, citing David Bowie, Talking Heads and Depeche Mode as influences. "Take Radiohead. They're always trying to do something bolder and different each time. It's difficult to do, but once you establish yourself you can do it and it gives you total freedom."

While it's important to note the new tools in the band's musical arsenal, you can't help but listen to the album and think of the elephant that's still in the room: singer Tom Chaplin's addiction.

ALEX LAKE/UNIVERSAL MUSIC

Perfect Symmetry, the new album from Keane, is now available.

The singer went to rehab in August 2006 to kick an alleged drug habit that made recording their last album, Under The Iron Sea, extremely difficult. The band avoided the topic on the new disc, because to them the story is old news.

"It's all over the music on the second album," admits Hughes. "It was a very dark record, and by now it feels like ancient history."

During the most trying times of Chaplin's addiction, Hughes wasn't sure the band would continue on. But they have, which might explain the happier sounds emanating from the new disc. "We enjoy playing together again," he says. "It was as if we broke down, got fixed and then we were sent on our way."

Fashion critic Mr. Blackwell dies: Reports

Mr. Blackwell

PEOPLE Mr. Blackwell, the fashion maven whose annual "worst-dressed" list could be the bane of Hollywood celebrities, has died at age 86, according to reports.

Richard Blackwell, born Richard Selzer, had been in failing health for some time and in August was reported to be in a coma after a fall at his Los Angeles home. The Los Angeles Times quoted his publicist as saying the former actor and designer died Sunday in hospital.

Blackwell issued his "worst-dressed" list for 48 years and it became watched around the world. Last year he put Victoria Beckham at the top of his list, saying: "...in one skinny-mini monstrosity after another, pouty 'Posh' Beckham can really wreck-em." REUTERS

George goes green

JIM REYNO
Metro Canada

Do you have the time, ability and resolve to do one million things to help the environment? Probably not. But surely, you have the time, ability and resolve to do just one.

Stroumboulopoulos

That's the point of One Million Acts of Green — a nationwide environmental campaign that kicks off tonight on CBC TV's The Hour with George Stroumboulopoulos.

"It's not about changing the world, it's about people changing their world," Stroumboulopoulos said in an interview in his office. "This is for the people who would actually like to do something. That's it. This isn't about changing attitudes."

Here's how it works. All you have to do is commit one "green" act (or more) and register on the One Million Acts of Green website (onemillionactsofgreen.com). The site launch will coincide with The Hour broadcast at 11 p.m. local time tonight.

The idea is to get at least one green act from each individual, amassing to a million. Once you've registered your act, you can see the positive effect you're having by using the green calculator designed by GreenNexxus.

"There's a carbon calculator, so you'll see the impact," he said. "You actually have a takeaway value, so you know what you've done."

What's a green act? It's switching to compact, fluorescent light bulbs. It's walking or biking to work. It's buying locally grown organic food instead of prepackaged, products that are bad for the environment.

"It's turning off the water when you're brushing your teeth," he suggested. "That, actually, I believe, has a bigger impact than a lot of the stuff that people would think of doing."

Stroumboulopoulos said the website will be the "hub" of the One Million Acts of Green campaign.

"You can come to this portal and we'll show you a couple of the easy ways where you can participate, and then commit an act," he said.

One Million Acts of Green will run over The Hour's entire season, through June. "I think we can get it done by spring," he said about hitting the one million mark. "We have reached out to all of the communities, school boards, provinces. We've reached out to so many people, and the reaction has been remarkable."

Smith tops Obama poll

Actor Will Smith has today topped a Virgin media poll as the person most likely to play Democratic presidential nominee Barack Obama in a film of his life. FEMALEFIRST.CO.UK

Money in the (piggy) bank

RIGHT: Bubbles in your bath and your glass — Absolute Spa hostesses Maddy Brown, left, and Laura Eastveld keep model Dylan Hickey company by the spa tub at the opening of the new Park Royal location.

RIGHT: Sitting at the North Shore Credit Union table at Gift of Time are Laurie Smith, left, Kym Catliff and her CEO hubby, Chris Catliff.

LEFT: Vancouver's new Loden Hotel and Voya restaurant are now open for business, and it promises to be a big hit thanks to Jay Jones, left, Lori Poppe and Simon Ogden.

ABOVE: Holy bidding Batman! Surprised by the big bucks being raised at the Gift of Time auction are Holly Conway and Metro sports columnist Scott Rintoul.

SocialEyes

Catherine 'Cat' Barr

info@catherinebarr.com

Beautifully engraved baby silver piggy banks graced the tables at the Canucks Place Children's Hospice Gift of Time Gala last Saturday at the Westin Bayshore Hotel.

Awarded to the highest bidders, the piggies are all part of the Kids for Kids program in which children save their pennies and more to help another less fortunate child at Canucks Place. This, along with other glamorous auction items and a surprise performance by Spirit Of The West, made for a fabulous evening all round. It all goes to show that big glamorous galas like this also appreciate the small gestures and that giving, in any form, is what is most important, especially during these economic times.

Also getting rave reviews this past weekend was the Vancouver Art Gallery's Flash Forward Gala and Auction. Original art was auctioned off live, then VIP guests enjoyed a fabulous five-star dinner at the Fairmont Hotel Vancouver.

And yes, it's finally happened. Coal Harbour's much-anticipated Loden Hotel and Voya restaurant and lounge have opened their doors to the public. Super chic and sexy sleek, I predict that this luscious locale will be a big hit with both the beautiful people and movie stars alike. Save me a seat at the "Barr" and tell them Cat sent ya.

Cat calls? Submit your event at catherinebarr.com. She can also be heard on 650 CISL AM Radio every Tuesday at 8:40 a.m.

ABOVE: Robyn Yen joins Global TV travel gal Claire Newell at the Canucks Place Gift of Time gala.

ABOVE: Getting the job done as MCs for the Gift of Time gala are QMFM radio personality Tara McGuire and Global TV anchor Chris Gailus.

DVD picks

The Incredible Hulk

Director: Louis Leterrier
Rating: PG

WHILE superior to its cerebral 2003 predecessor, this movie is at best a diversion rather than engrossing entertainment.

Director Louis Leterrier gets back to comic-book basics, delivering enough chases and smackdowns with a new cast to satisfy many a fanboy, despite some humdrum CGI work. But the lack of character shading suggests Marvel Studios went too far in distancing itself from Ang Lee's Hulk.

Reports of star Ed Norton's attempts to meddle with the script ring true, given his predilection for deep and moody roles. Norton fails to add intellectual and emotional weight to his green-skinned heavy.

TORSTAR NEWS SERVICE

Read our DVD pick on the original Casino Royale at metronews.ca

IntelleVision

Rick McGinnis

read it at metronews.ca

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:30	10:30	11:00
primetime 10/21/08	251	308	3 CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors (CC)		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News	The Insider	The Biggest Loser (CC)				Pam	Sunset Tan	News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	Mandarin News		Cantonese News (N)		Punjabi News (In Punjabi N)		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	Criminal Minds "Paradise" (N)		Dancing With the Stars (CC)		Law & Order: SVU		News (N)
	-	-	10 OMNI	Scrubs (CC)	According-Jim	Islam 101 (CC)		Jozi-H "Blue Eyes" (CC)		The Daily	The Search	New Day
	252	336	11 GTV	Entertainment	ET Canada	House "Lucky Thirteen" (N)		90210 "Lucky Strike" (CC)		Kitchen Nightmares (CC)		News (N)
	256	389	12 VI	Robson Arms	TMZ (N) (CC)	Pushing Daisies "Frescorts"		Fringe "The Cure" (N) (CC)		(:01) Eli Stone "Grace" (N)		News (CC)
	253	359	13 CITY	Law & Order: SVU		Opportunity Knocks (N) (CC)		Privileged (N) (CC)		NY-Hollywood	Friends (CC)	EP Daily
	-	-	14 CW	Deal-No Deal	Deal-No Deal	90210 "Lucky Strike" (CC)		Privileged (N) (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Nine Lives" (N) (CC)		The Mentalist "Ladies in Red"		Without a Trace "True/False"		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	The Biggest Loser: Families The teams try unusual workouts.				Law & Order: SVU		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	Three Fat Brides		Style by Jury	Style by Jury	How to Look Good Naked		Maxed Out
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Opportunity Knocks (N) (CC)		Dancing With the Stars (CC)		(:01) Eli Stone "Grace" (N)		News (N)
	-	-	23 KVOS	M*A*S*H	Seinfeld	Scissors ★★ (1991, Horror) Sharon Stone, Steve Railsback.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	About-Money	Nova (N) (CC) (DVS)		Frontline "Heat" Big business and the environment.				Independent
	290	382	28 FOX	Two/Half Men	Two/Half Men	House "Lucky Thirteen" (N)		Fringe "The Cure" (N) (CC)		News (N) (CC)		Family Guy
	-	364	48 PBS	(6:00) Frontline "Heat"		My Hero	Summer Wine	Tavis Smiley	Charlie Rose (N) (CC)	Nova (CC) (DVS)		
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	South Park	Half & Half	The Insider	Entertainment	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	90210 "Lucky Strike" (CC)		Privileged (N) (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Will & Grace	My Wife-Kids
	297	652	37 WPX	CW11 News at Ten		Two/Half Men	Friends (CC)	Sex and-City	Will & Grace	According-Jim	Frasier (CC)	Odd Couple
	199	311	16 STR	News (N)	News		Late Show-Letterman		(:37) The Biggest Loser: Families (CC)			Will & Grace
news	502	390	29 NW	Mad, Bad & Ugly Drivers (N)		CBC News: The National (N)		CBC News: The National		Mad, Bad & Ugly Drivers		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Canucks TV	NHL Hockey Vancouver Canucks at Columbus Blue Jackets.					Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	(6:30) NHL Hockey Washington Capitals at Calgary Flames.				SportsCentre	UEFA Champions League Soccer			SportsCentre
	411	457	49 OLN	Which Way to... "Luxor"		Pilot Guides (CC)		Don't Forget Your Passport		Survivorman (CC)		Angry Planet
	410	403	54 SCR	Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Sports Rage		Final Score
	417	406	55 SC	Super Bikes!	Super Bikes!	Pinks	Pass Time	Unique Whips		Low Life	SuperCars	Super Bikes!
	416	409	144 GLF	(6:00) Fútbol		Gol TV News		Kings Club	Kings Club	Paid Program	Kings Club	Gol TV News
family	552	543	25 YTV	Malcolm-Mid.	Home Imp.	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline	Mystery Hnt.
	555	545	50 TEL	Grim Adv	Ghosts	Ghosts	6teen	Total Drama	Futurama	American Dad	Chicken	Rick & Steve
	557	541	51 FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56 TRE	Big Comfy	Rolie Polie	Beren. Bears	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin	Big Comfy
cable variety	268	354	5 KNO	Gardens	Recreat. Eden	World of Albert Kahn		The Museum	Art	God in Government		Preventive
	575	583	20 CMT	Hope & Faith	Hope & Faith	Cheerleaders	Cheerleaders	Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	24 MM	You Can Dance		Dance	Degrassi	Pimp My Ride	disBand	Technical Diff.	Video on Trial	Degrassi
	600	564	26 H&G	Colin & Justin's Home Heist		Holmes on Homes (CC)		Sarah's House	Design Inc.	Pure Design	Style	Colin-Justin
	615	520	61 A&E	The Rookies	The Rookies	Jacked: Theft	Jacked: Theft	The First 48 (CC)		The First 48 (CC)		The Rookies
	628	584	62 SPKE	(6:00) Scream 2008 (N)		Scream 2008 Celebration of creative talent.				Scream 2008 Celebration of creative talent.		
	521	560	63 TLC	Dr. G: Medical Examiner		A New Face For Marlie (CC)		Mystery Diagnosis (CC)		Dr. G: Medical Examiner		Gotta Hurt
	616	522	63 SHO	About a Girl	About a Girl	The Best Years		Testees (CC)	Trailer Park	The Shield "Bitches Brew"		House (CC)
	620	523	70 BVO	Rockabilly 514 Rockabilly.		Law & Order "Bait" (CC)		Without a Trace (CC)		Citizen X ★★★ (1995) Stephen Rea. (CC)		
	601	562	71 SLC	Tori & Dean: Home		Wedding SOS	In Laws	Rich Bride, Poor Bride (CC)		Tori & Dean: Home		Trading Sp
	520	505	72 DIS	Mighty Ships "Henry Larsen"		Daily Planet (CC)		Destroyed	Destroyed	Mighty Ships "Henry Larsen"		How It's Made
	522	506	74 HIS	NCIS "Bete Noir" (CC)		Outlaw Bikers "Hells Angels"		Ax Men "Risk and Reward"		NCIS "Bete Noir" (CC)		Crime Stories
	627	528	45 SPC	Rabbit Fall	The Circuit	Stargate SG-1 "Insiders"		Lost (CC)		Star Trek: Deep Space Nine		Star Trek
	294	650	67 TBS	The Office	The Office	Frank TV	Sex and-City	Sex and-City	Seinfeld	Puppet Up!		Frank TV
	619	525	68 TROP	Beverly Hills, 90210 (CC)		Planet Soap	What	Family Guy	Seinfeld	Seinfeld	King	Family Guy
	603	561	69 FN	Chef School	At the Table	Restaurant Makeover (CC)		Challenge Pizza acrobats.		The F Word Food and fertility.		Chef School
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	S. Silverman	Fit.-Conchords	Daily Show
	320	621	60 CEN	Sharkwater ★★★ (2006, Documentary) (CC)			Sharkwater	I'm Not There ★★★ (2007, Biography) Christian Bale. (CC)				Film Festival
	581	566	101 MTV	Paris Hilton's My New BFF (N)		MTV Live	After	Man and Wife	The Hills	Paris Hilton's My New BFF		MTV Live
	261	394	102 V	The Nature of Things (CC)		MythQuest (CC)		Bless-Father	On the Buses	Quantum Leap		Paid Program
	-	-	105 MUL	Matchmaker	Mom's-Upset	Officina Italian	Qui si Parla	In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

Eli Stone

Coming to grips with being a prophet in the 21st century means never having to go without George Michael popping up occasionally and singing a little song about faith. And now that Eli (Jonny Lee Miller) has had his brain aneurysm surgically removed, you'd think things would be smooth sailing. This week, Eli's latest vision comes in the form of a gorgeous, confident brunette named Grace (guest star Katie Holmes). 10:01 PM on ABC VI

The Tudors

No more His Majesty Mr. Nice Guy. Disgusted by his repeated failed attempts to get the Catholic Church to annul his marriage to Katherine, Henry (Jonathan Rhys Meyers) cuts all ties with the Vatican, putting Lutheran Thomas Cranmer (Hans Matheson) in charge of the Church of England. He also strips Katherine (Maria Doyle Kennedy) of her title and weds Anne (Natalie Dormer) in secret in this new episode. 9 PM on CBC

Jolie talks motherhood

Mother-of-six actress Angelina Jolie will reportedly quit acting as soon as it starts to affect her role as a parent. "As long as I can be with my family, it's fun," she said. IMDB.COM

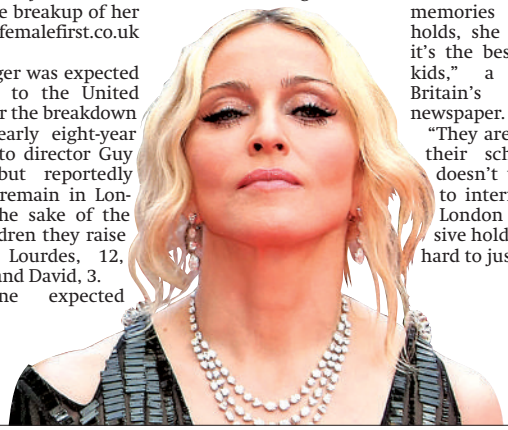
Celebrity Buzz

Madge to stay in London

BREAKUP Madonna has vowed to stay in London despite the breakup of her marriage, femalefirst.co.uk reports.

The singer was expected to return to the United States after the breakdown of her nearly eight-year marriage to director Guy Ritchie, but reportedly wants to remain in London for the sake of the three children they raise together: Lourdes, 12, Rocco, 8, and David, 3.

"Everyone expected Madonna to go and live in New York, taking the children with her. But despite some of the unhappy memories that London holds, she still feels that it's the best base for the kids," a source told Britain's Daily Mirror newspaper.



"They are very happy at their school and she doesn't want anything to interfere with that. London still has a massive hold on her and it's hard to just shake off."

METRO NEWS SERVICES

Kidman a rancher at heart

PEOPLE Actress Nicole Kidman has purchased a cattle ranch in Australia after she learned how to be a cowgirl while shooting her new movie, imdb.com reports.

The Oscar-winner stars alongside Hugh Jackman in new film Australia, and had to herd cows for her role in the film.

Kidman insists that despite her initial reservations about the gruelling stunts, she now loves the lifestyle so much she has bought her own ranch.

"I was terrified beforehand," she says. "I even had to learn how to cut cattle. But once you master it it's so much fun. Now I can crack a whip, herd cattle, cut a cattle out of the herd, which is amazing. I can't believe I can do it.

"I've bought a company out in the country outside of Sydney. We don't have to muster them though, because there's only 40. They are basically on the property to keep the grass short."

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Bundchen rumoured to be planning wedding

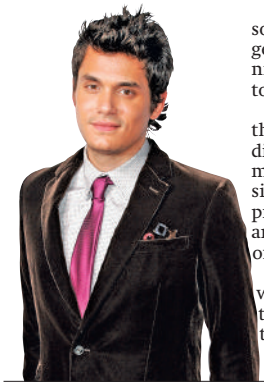
RELATIONSHIPS Supermodel Gisele Bundchen has sparked rumours she is set to marry football star Tom Brady after reportedly planning a wedding reception at a New York restaurant, imdb.com reports. Bundchen began dating the New England Patriots star shortly after her highly-publicized 2005 breakup from actor Leonardo DiCaprio.

According to the New York Post, Bundchen is in talks with party planners at the legendary Tavern on the Green in Central Park to plan the celebration following their union. A source tells the newspaper, "They were recently there, and Brady had a long chat with (American football star) Joe Namath." Spokespersons for Bundchen and Tavern on the Green have declined to comment on the reports. METRO NEWS SERVICES

Mayer writes love song to woo Aniston back

RELATIONSHIPS John Mayer reportedly wooed actress Jennifer Aniston back by writing her a love song, femalefirst.co.uk reports.

The singer, who called off his three-month relationship with Aniston in August, also reportedly promised to quit smoking and drinking to cement their romance.



"John has even written a song about their time together and played it to Jennifer who was incredibly touched," a source says.

"He initially called things off because he didn't feel ready for commitment. But after a considerable time apart, his priorities have changed and he wants to make a go of things."

After their split Aniston was reportedly so devastated she refused to speak to him.

METRO NEWS SERVICES

Like mother, like daughter

PARENTING Tom Cruise and Katie Holmes' two-year-old daughter Suri has her own dressing room at the New York theatre where the actress is making her Broadway debut, imdb.com reports.

Holmes is combining her run in Arthur Miller's All My Sons with her role as a mom, and has kitted out a room backstage at the Gerald Schoenfeld Theatre, so Suri is never bored.

"It's a great schedule, because (Suri and I) get to spend the whole day together and then I go and do the play. Then I come home and we play some more," Holmes says. "We have a dressing room that is transformed into a playroom. It has a little piano."

METRO NEWS SERVICES

Lohan's temper tested on train

RELATIONSHIPS Actress Lindsay Lohan's temper was tested after her girlfriend DJ Samantha Ronson reportedly ignored her during a heated lovers' quarrel, imdb.com reports. The pair refused to speak to one another en route to Washington recently after Lohan spent the train ride complaining of her staff, according to the New York Post. A source tells the newspaper Lohan shouted at Ronson: "I do what's good for you, not what's best for both of us." Sources add Lohan was "whining incessantly and Samantha was trying to deflect it."

METRO NEWS SERVICES

celebrity briefs

Stone speaks out about ageism

AGING Turning 40 was a big deal for Sharon Stone because suddenly movie roles and freebies reportedly dried up, imdb.com reports. The actress admits she was looking forward to becoming a 40-something back in 1998, but ageist attitudes to Hollywood stars left her floored. "I thought ... 'I'm fantastic and sexy and amazing,'" she tells More magazine. "(But) it was like 'You have leprosy.' I couldn't get a dress or a job." She bounced back with acclaimed roles in the movies Casino, Broken Flowers and Bobby, and turned 50 earlier this year.

METRO NEWS SERVICES

Craig got 007 news while shopping

CASTING Daniel Craig discovered he'd be taking over from Pierce Brosnan as superspy James Bond while grocery shopping in Baltimore, Md., imdb.com reports.

The actor was in a Whole Foods supermarket when Bond producer Barbara Broccoli called to tell him he was the next 007.

"She went, 'Over to you kiddo,' so I put down the groceries, went straight into the liquor store, bought a bottle of vodka and got smashed," he reportedly said.

METRO NEWS SERVICES

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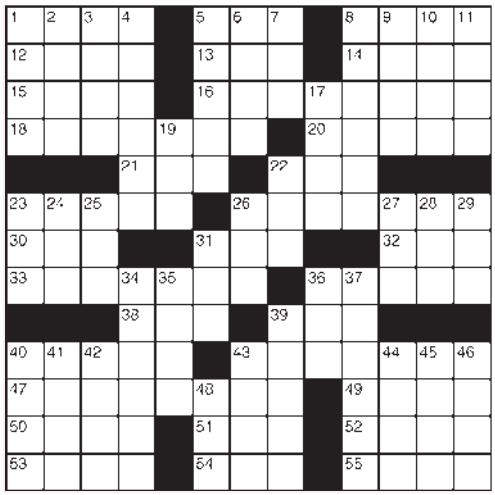

Crossword across

1 Body powder
5 Heart chart (Abbr.)
8 Heavy reading
12 — -friendly
13 That woman
14 Mimic
15 Boyfriend
16 Lincoln biographer
18 Bedtime visitor
20 Facilitates
21 Parched
22 Way out there
23 Approves
26 Happy Gilmore portrayer
30 Lair
31 Bushy-tailed critter
32 Raw rock
33 KFC colonel
36 Stick in the mud?
38 Whatever number
39 Old New Zealand bird
40 "A Bell for —"
43 Summer footwear
47 Dagwood's specialty
49 Coagulate
50 "American —"
51 West of Holly-wood
52 "— Named Sue"
53 Top-rated
54 Schedule abbr.
55 Window sheet

Crossword down

1 Vats
2 Cruising
3 Tilt
4 Gunky
5 English home-work, maybe
6 "Star Trek II" villain
7 Army bigwig (Abbr.)
8 Knight's tunic
9 Piece of work
10 Unembellished
11 Work units
17 College boss
19 "— Doubtfire"
22 Transmit quickly
23 "— bodkins!"
24 Mauna —
25 Raggedy doll
26 "Mayday!"
27 High shot
28 Before
29 Scarlet
31 Sauté
34 Bounce play-fully
35 Sufficient, in verse
36 A billion years
37 Wild and crazy
39 "Real Time" moderator
40 Europe's neighbor
41 Pedestal part
42 In due time
43 Cicatrix
44 Actress Jessica
45 Symbol of craziness
46 Eyelid woe
48 "— little teapot ..."

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

9					3	7	4	
	7			6		3	8	
6			4					1
				2			1	8
		9				5		
1	3			7				
7					5			4
	4	5		1			9	
	9	6	2					7

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

5	2	3	1	7	9	4	8	6
4	1	9	6	8	2	3	7	5
8	6	7	3	5	4	2	1	9
3	7	4	5	9	8	6	2	1
6	9	5	2	1	3	8	4	7
2	8	1	7	4	6	5	9	3
9	4	6	8	3	7	1	5	2
7	5	2	4	6	1	9	3	8
1	3	8	9	2	5	7	6	4

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Recipe of the day

Beef Waldorf

INGREDIENTS:

10 oz (300 g) beef tenderloin, trimmed of fat, cut into 2 fillets
¾ in. (2 cm) thick
¼ tsp (1 mL) olive oil
1 cup (250 mL) radishes, thinly sliced
3 carrots, grated
1 small yellow pepper, seeded and cut into thin rings
3 celery stalks, sliced diagonally
3 scallions, sliced diagonally
2 tbsp (25 mL) chopped walnuts
½ cup (125 mL) raisins
2 small apples
2 tsp (10 mL) lemon juice
2 cups (500 mL) arugula leaves or other salad greens
Salt and pepper

DRESSING:

2 tbsp (25 mL) grainy mustard
3 tbsp (45 mL) light mayonnaise
3 tbsp (45 mL) plain low-fat yogurt

METHOD:

1. Brush steaks with oil and season with pepper. Heat non-stick skillet over medium-high heat. Add steaks and cook for 3 minutes per side for medium-rare or 4 minutes per side for medium. Remove steaks from pan and let cool for at least 15 minutes.
2. For dressing: Combine mustard, mayonnaise and yogurt in a small bowl.
3. Put radishes, carrots, yellow pepper, celery, scallions, walnuts and raisins in a large bowl. Quarter and core apples, then cut into 1-in. (2.5-cm) chunks and toss in lemon juice. Add to bowl with half the dressing and turn to coat. Season lightly with salt and pepper.
4. To serve, pile arugula or other salad greens on 4 plates and spoon apple and vegetable salad alongside. Cut steak into thin slices and arrange on top. Drizzle with remaining dressing.

SERVES 4

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For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!
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Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Heed the tidbits heard through the grapevine. A secret love will come to your attention. Promote your concepts for an ambitious project.

TAURUS
APRIL 21-MAY 21
A relationship is due to take place. Brilliant ideas will justify an emotional roller coaster. Outlandish antics can give you some relief.

GEMINI
MAY 22-JUNE 21
Travel through time to find your happiness. A sweetheart's friend will share good news. Someone will be grateful for a romantic encounter.

CANCER
JUNE 22-JULY 22
Pay the bills to get emotional security. Remain calm when suspicion causes fear. Talking gibberish isn't a good idea.

LEO
JULY 23-AUG 23
An eccentric is shrewdly successful. An admirer makes a dreadful mistake. Make a promise to agree with a loner.

VIRGO
AUG 24-SEPT 22
A companion's wrongdoing creates a fuss. A challenger goes astray before making an announcement. An elder has crucial information.

LIBRA
SEPT 23-OCT 23
A sweetheart will make the usual excuses. A secretive buddy is in awe of you. Don't laugh if a woman takes the lead at a rendezvous.

SCORPIO
OCT 24-NOV 22
Hostility decreases after chaotic events. Get down to business with a realistic budget. A necessary encounter is fated to work for the best.

SAGITTARIUS
NOV 23-DEC 21
Something is wrong with an interesting visitor. A man pays the price for an unpopular decision. Be direct with your loved ones.

CAPRICORN
DEC 22-JAN 20
Restlessness will reveal a lack of knowledge. Give the gift of time to a child. Be sure of your facts before speaking.

AQUARIUS
JAN 21-FEB 18
Ridiculous restrictions will dissolve effortlessly. Somebody's anger will not wreck the day. An absentminded playmate runs into an old flame.

PISCES
FEB 19-MARCH 20
You can expect approval from a fortune-hunter. A prankster has an unexpected decision to make. Loyalty leads to caution in the night.

WORDY GURDY®

BY TERRY BOBY KANE

1. Break of day time sketched (1)
2. 12 P.M. fainting spell (1)
3. Gloaming sheet of a wide (1)
4. Post-day travel by plane (1)
5. Pre-midday danger alert (2)
6. End of day concluding summary (2)
7. Dark-ending plane sailing window (2)

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

ANSWERS
1 DAWN DRAWS 2 NOON SWOONS 3 GLOSS MOSS 4 NIGHT FLIGHT
5 MORNING WARNING 6 ENDING SENDING 7 PANE PLANE

This day in history

OCT. 21, 1879: Using a filament of carbonized thread, Thomas Edison tests the first practical electric incandescent light bulb (it lasted 13½ hours before burning out).
OCT. 21, 1945: Women are allowed to vote in France for the first time.
OCT. 21, 1967: Vietnam War: More than 100,000 war protesters gather in Washington, D.C. A peaceful rally at the Lincoln Memorial is followed by a march to The Pentagon and clashes with soldiers (event lasts until October 23; 683 people were arrested). Similar demonstrations occurred simultaneously in Japan and Western Europe.

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MORE BUSES NOW!

Are you TIRED of riding overcrowded buses?
Are you ANGRY watching full buses pass you up time after time?
Are you FED UP at lack of adequate service?

Our Metro Vancouver bus system is in crisis!
And you are paying for it – through increased bus fares, higher taxes and aggravation.

Percentage of bus routes with 10 minutes service or better

Toronto	59%
Montreal	58%
Vancouver	**12%**

Now your bus drivers are **doing** something about it – but we need **your** help.

The Canadian Auto Workers Local 111 represents more than 3,200 transit operators in Metro Vancouver.

Bus drivers **strongly sympathize** with our riders, because we have to deal with the same situation every day on the job.

That's why we have started the **More Buses Now!** campaign. But we need your help – to convince the BC government – which funds TransLink.

What's the problem with our bus system?
We have only 1100 buses in service in Metro Vancouver – just one bus for every 1800 Metro Vancouver residents.

But 15 years ago, Metro Vancouver had one bus for every 1200 residents, like Toronto and Montreal have today. So we have **50% more** residents per bus than we used to. No wonder you can't get on.

Metro Vancouver's Livable Region Strategic Plan called for 1900 buses to be in service by 2006. And Translink's own first 5-Year Strategic Plan projected 1600 buses in service by 2006.

The problem is that we are between **500 and 800 buses short.**

To see the result compare Metro Vancouver to Toronto and Montreal's service in the chart above.

BC Premier Gordon Campbell's Transit Plan will double the number of buses – not until **2020 – far too long!**

That's far too many years to watch overcrowded buses pass up waiting riders – it's time for **More Buses Now!**

Please use the coupon below to send BC Transportation Minister Kevin Falcon and the provincial government a clear message. Or go to **www.MoreBusesNow.com** and send an email.

www.MoreBusesNow.com

Dear Minister Falcon: We need **More Buses Now!**
I/we urge you to act immediately to provide TransLink with at least 500 new buses by 2012 to help deal with overcrowding and lack of service.

CAW TCA CANADA LOCAL 111

Name .....

Address ..... Postal Code .....

City ..... Email .....

Mail To:

BC Transportation Minister Kevin Falcon
c/o CAW Local 111, 326 – 12th Street
New Westminster, BC V3M 4H6

NOTE: CAW 111 WILL FORWARD ALL COUPONS TO THE TRANSPORTATION MINISTER.